

## THE CAUSES OF AND CURE FOR WORRY AND STRESS, Part 1 – Matthew 6:19-24 – December 27<sup>th</sup>, 2009

- Back in 2006, about a year after planting the church, the Lord had impressed upon my heart to begin doing weekly prophecy updates.
- With over three years of weekly updates at 52.177457 weeks per year; that totals over 156 Bible Prophecy teachings from this pulpit.
- Now that's a lot of geopolitical information as it relates to what the Bible says will take place in the last days prior to the end of the world.
- We've had people that have either visited the church or were given audio CD's of the prophecy teachings and they've never come back.
- One reason for this is Bible prophecy "scares the hell" out of people, and that can be a good thing then we are able to give 'em heaven.
- Now, I'm aware that some of you may have just been offended by me saying; "it scares the hell" out of people. It's just not pastoral.
- One Pastor on a Sunday morning stood in front of his congregation and said, "I have three important points to make today..."
- 1<sup>st</sup> While I'm standing here preaching, millions of people are dying and going to hell.
- 2<sup>nd</sup> You don't give a damn, do you?
- 3<sup>rd</sup> Most of you care more about the fact that I said the word damn, than the millions of people who are going to hell!
- I only share that to say this; "it's for this reason that I've made a commitment to the Lord and to you that I will always preach the Word."
- There's a difference between "teaching about the Bible" and "teaching the Bible." You can't teach the Bible without teaching prophecy.
- About one third of the Bible is prophecy, and when you teach the whole counsel of God, Genesis thru Revelation, you'll teach prophecy.
- That was the introduction that now brings me to what I believe the Lord would have me to talk about for the next couple few weeks.
- Because we have been studying Bible prophecy, we have become quite "well-versed," however we have also become quite stressed.

**Ecclesiastes 1:16** I said to myself, "Look, I am better educated than any of the kings before me in Jerusalem. I have greater wisdom and knowledge." So I worked hard to be wise instead of foolish --but now I realize that even this was like chasing the wind. For the more my wisdom, the more my grief; to increase knowledge only increases distress. TLB

- As we've increased our knowledge of what the future holds, so too have we increased our worry and stress about what the future holds.
- I suggest to you that we won't be worried and stressed about what the future holds when we have faith in the One who holds the future.
- Knowledge is information which increases our worry and fear but wisdom is the application of that information which increases our faith.
- This is part one of a series entitled; "The Causes and Cure for Worry and Stress," and our text will be in the Gospel of Matthew 6:19-24.

- Woven into the fabric of this text, Jesus identifies both the causes of and the cure for worry. He knows that we all worry.
- The healthy worry about being sick, the sick worry about if they'll ever be healthy.
- The poor worry because they're not rich; the rich worry that they could end up poor.
- The unemployed worry about getting a job, and the employed worry about losing their job.
- The young worry about growing old, the old worry about the young taking care of them because they're growing old.
- The children worry about their parents, the parents worry about their children.

- "Worry is like a rocking chair you go back and forth but won't get anywhere."
- "Worry is the interest we pay on tomorrow's troubles."
- "Worry pulls tomorrow's cloud over today's sunshine."
- "Worry gives a small thing a big shadow."

- Worry will distrust a God in Whom we can trust. It is for this reason that we have this record of Jesus' sermon in our Bibles.
- Our Father in heaven wants us to trust Him to provide for us. If we trust Him, we will not worry about anything. Here's how:

### **1. Transfer your treasures (Verses 19-21)**

- Jesus is saying that the more treasure we have here, the more we will worry about what could happen to our treasure here.
- We will always worry about moth's eating it, rust destroying it, thief breaking in and stealing it, and the government taking it.

**Proverbs 23:4-5** 4 Do not wear yourself out to get rich; have the wisdom to show restraint. 5 Cast but a glance at riches, and they are gone, for they will surely sprout wings and fly off to the sky like an eagle.

- However, if we transfer our treasure into God's Kingdom in heaven, we won't worry about anything like that ever happening.
- If our treasure is transferred to heaven then our heart is kept worry free because it will be where our treasure will be.
- Let me hasten to say that it's ok to have things here on earth. The worry problem is not about what we have it's what has us.
- Before we move onto the second cure for worry, we're going to give you an opportunity to transfer your treasure at this time.

### **2. Focus on your Father (Verses 22-24)**

- Jesus goes from teaching us that not only will our hearts be where our treasure is, but our eyes will be where our God is.
- In other words, God is putting His finger on that which causes us and even propels us into that place of worry and fear.
- He identifies our goods, (two treasures), our goals, (two visions), and our god's, (two masters), but we cannot serve two.

- Jesus is saying that if my eyes are out of focus, I'll have "double vision." My focus on money will blur my focus on God.
- This is why Jesus says we "cannot" rather than "should not" serve both God and Money, because it's impossible to do both.
- Some translations render this as having "an evil eye," which would have the meaning of being envious and covetous.

Adam Clarke in his commentary said it this way; "An *evil* eye was a phrase in use, among the ancient Jews, to denote an envious, covetous man or disposition; a man who repined at his neighbor's prosperity, loved his own money, and would do nothing in the way of charity for God's sake."

- Here's the question; "how will I know if my eye is evil and not good, and my master is money and not God?"

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|---------------------------------|----------------------------------|
| 1. My focus will be on it       | 7. My trust will be in it        |
| 2. My looking will be to it     | 8. My giving will be to it       |
| 3. My adoration will be of it   | 9. My serving will be of it      |
| 4. My sacrifices will be for it | 10. My speaking will be about it |
| 5. My submission will be to it  | 11. My investment will be in it  |
| 6. My seeking will be after it  |                                  |

- I believe that one of the main reasons that the Lord impressed upon my heart to begin doing weekly prophecy updates was because He wants us as His bride ready for our wedding.

- He wants me to transfer my treasure to Him, so my heart will be with and for Him, and He wants my focus to be on Him, so that my eyes are looking to Him and His soon return.